



St Louis County Child Foster Care Class Descriptions

September - December 2014

Please keep this flyer for future reference

Please register for classes with Jessie! Info needed: your name, phone number & the classes with dates you are attending. Register by email at schunkj@stlouiscountymn.gov or on Jessie's voicemail 218-471-7793 or 800-450-9777 x7793.

You will not receive a confirmation callback but will be notified if the class is cancelled. For the Child Passenger Safety classes, register with the trainer. Thanks!

Please plan ahead and prioritize training on your calendar. It is not okay to sign up and then miss training. If you can't attend a class you pre-registered for, notify Jessie ASAP.

We need 10 registered at least seven working days prior to the training to avoid classes canceling.

STANDARD TRAINING LOCATIONS

Virginia

Northland Office Center
307 S First St
Virginia, MN 55792
Rooms as listed

Duluth

Government Services Center
320 W Second St
Duluth, MN 55802
Rooms as listed

Please enter through the main doors in
Duluth prior to 6 pm as the doors will then
be locked. If you get locked out, call Jessie's
cell at 218-780-0475



Please contact Jessie Schunk to register, with any questions regarding a specific class, or to offer other class suggestions.

800-450-9777 x7793 or

218-471-7793 or

schunkj@stlouiscountymn.gov

DHS Mandated Training Requirements

Sudden Infant Death Syndrome (SIDS)/Shaken Baby Training

Required for those caring for children under 6 and mandatory renewal every 5 years. We have this in DVD format, so please call Jessie Schunk for the resource and corresponding worksheet. You will receive a certificate when you return the DVD and the completed worksheet.

Children's Mental Health Training (CMH)

There is an initial 3 hour CMH DVD that new foster parents must watch. In addition, every year after that, each foster parent must have at least one hour of some type of CMH training. The trainings that meet this requirement are indicated with **(CMH)** beside the title. Please contact your licenser or Jessie if you need more information.

Child Passenger Safety (CPS) (Core 3)

This is a mandatory class for those caring for children under 9 & needs to be renewed every 5 years.

Please note these CPS classes need to be registered with the class instructor.

Please leave your name & number w/the date of the class you will attend.

Do not expect a call back unless the class is cancelled.

Duluth Child Passenger Safety Classes

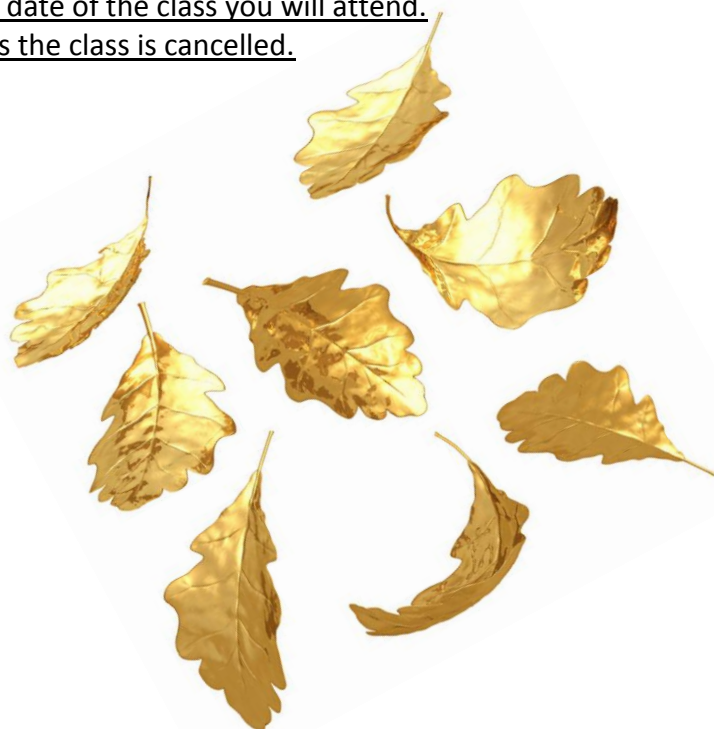
To register, call Craig Honkola at 218-428-8675;
Fee is \$25.00 payable to the instructor.
Government Services Center in Room 206
Wednesday, September 10th, from 5:30 - 8:30 pm
Wednesday, November 12^h, from 5:30 – 8:30 pm

Virginia Child Passenger Safety Classes

To register, call Roberta Morrow at 218-929-3334
Fee is \$25.00 payable to the instructor.
Northland Office Building, 3rd Floor Liz Prebich Room
Monday, October 13th, from 5:30 – 8:30 pm

Hibbing Child Passenger Safety Classes

To register, call Roberta Morrow at 218-929-3334
Fee is \$25.00 payable to the instructor.
Hibbing Fire Hall, upstairs in training room: 2320 Brooklyn Drive, Hibbing, MN 55746
Saturday, September 13st, from 9 - 12 pm
Thursday, November 20th, from 5:30 – 8:30 pm



Foster Care 1st Year Core Training

Within the 1st year of licensing, new foster parents are required to complete 1 class in each of the core areas. These classes are indicated in parenthesis beside the class title, but are not limited to only new foster families. Additional core classes will be scheduled in the next training brochure so don't be alarmed if the core class you need isn't offered in the next few months.
Please call Jessie at 218-471-7793 if you have questions.

Health and Safety Adventures in Foster Care: What new foster families need to know! (Core 9)

Trainer: Margaret Ratai, RN, PHN, Public Health Nurse II, SLC Public Health, Virginia Office

Most of us are familiar with the typical health and safety issues that happen with children. What we aren't familiar with are some of the health and safety adventures you might encounter in Foster Care. This interactive workshop will cover topics such as hepatitis, lice, scabies, ringworm, blood borne pathogens, immunizations, and special health needs. Margaret will also update us about current concerns related to kids and their health needs. We'll talk a bit about locating resources, WIC and Teen and Child Check-ups. Come prepared to learn a lot!

Virginia:

Northland Office Building, 3rd Floor Liz Prebich Room
Tuesday, September 23rd, from 6 - 8:30 pm

Duluth:

Government Services Building, room 206
Tuesday, September 30, from 6 - 8:30 pm



Intro to Working with Behaviors of Traumatized Children, (Core 6) or use for a CMH

This introductory /core course will introduce participants to basic trauma principals. We will look at some of the common behaviors that children who have experienced trauma may exhibit and discuss possible interventions. The goal for the course is to establish a foundational base and common language that will assist foster parents in understanding the impact of traumatic stress, how traumatic stress can influence behaviors, and how foster parents can intervene. You will learn the skills and knowledge to identify impacts of traumatic stress on the lives of children and the ability to respond to the emotional and behavioral challenges of traumatized youth.

Duluth:

Government Services Building, 7th floor large conference room
Thursday, September 25th, from 6 - 8 pm

Virginia:

Northland Office Building, 3rd floor Liz Prebich room
Monday, November 10th, from 6 - 8 pm



***New Option: Take 4 abbreviated Core Classes in one day
You may take one or all of the classes- please register for each***

Virginia Core Training Day:

Northland Office Building, 3rd Floor Liz Prebich Room
Friday, October 10th from 8:15 – 3 pm

Duluth Core Training Day:

Government Services Building, 7th floor large conference room
Friday, October 17th from 8:15 – 3 pm



8:30 – 9:30 am Reviewing the Rule (Core 5)

Trainers: SLC Foster Care Licensing Social Workers

Rules aren't made to be broken! In fact, the rules that govern child foster care are meant to protect the children in care and to protect the foster family. Being licensed as a foster parent means that you have agreed to abide by the rules, both state and county, and we will hold you to that agreement. Many potential problems in foster care could be avoided if the foster parent fully understood what safeguards the rule provided them. Please join our foster care licensors as they review critical points in the MN Department of Human Services Rule 2960. This class is strongly suggested for all licensed foster families.

9:45 – 11:30 am Developing Personal & Professional Boundaries (Core 7)

Trainer: Jessie Schunk

Social workers, licensors, guardians, therapists, regular and relative foster parents, the child and the child's parents are only a few of the many people involved in a child protection case. With the wide variety of people, it's clear that the boundaries of responsibility can become cloudy. One of the keys to success in foster care is understanding what your boundaries are, both professionally and personally. This is especially difficult in families where there is a long history of caretaking related to chemical abuse, mental health issues, and other compounding family situations. This workshop will share communication tools and ideas related to setting healthy boundaries both personally and professionally in foster care.

12:30 – 1:45 pm Sexual Abuse Training for Foster Parents (Core 8)

Trainers: First Witness & SLC Foster Care Licensing Social Worker

This core class will give foster parents a beginning understanding of defining factors associated with sexual abuse; what a foster parent's role is pertaining to children's disclosures and mandated reporting around sexual abuse. There will be a basic discussion on children and sexuality, the ranges of behavior within normal and what could be warning signs or indicators of sexual abuse. The trainers will discuss safety consideration when working with children with sexual abuse issues as well as where to go for resources in meeting the child's needs.

2:00 – 3:00 pm Permanency Planning and CHIPS Court Training (Core 10)

Trainer: SLC PH&HS Child Protection Social Worker

This workshop will provide fairly in-depth (but not case specific) information about permanency planning and the CHIPS court processes. St. Louis County staff will present an overview of the St. Louis County court process. Concurrent Permanency Timelines will be discussed, myths will be dispelled, and all of the side events that happen during the reunification process will be outlined. Many of your court related questions will be answered, so come prepared for lively discussion. *If you are a foster family in St. Louis County and haven't had this workshop, we ask that you would attend.*

Children's Mental Health Training

The National Child Traumatic Stress Network Skills Class

Trainer: Saprina Matheny, LICSW, LMFT

Providing short and long term foster care for children who have experienced trauma is a demanding and complicated task. The three week class will include information about how trauma affects children and their development, practical "hands-on" strategies for caring for children, and a discussion of the challenges faced by caregivers. Every foster family will benefit from this class. We especially encourage the foster families who have children receiving therapy from the Human Development Center (HDC) to enroll in the class. There will be a joint session for HDC involved foster children/youth running at the same time. The youth will participate in a fun group that will include skills to regulate emotions, practice relaxation skills, increase social skills, and play interactive games to complement what the foster parents are learning. This is an unusual opportunity for you to bring the foster children/youth to training with you. Please let us know when you register if you will be bringing the kids, names and ages.

Goals: The goals of the group are to **provide caregivers** with the knowledge and skills to:

- Respond to behavior and emotional challenges of traumatized children
- Help children develop relational skills
- Help traumatized children recognize and develop strengths
- Help traumatized children develop coping strategies needed to grow into healthy adults
- Seek help from others
- Reduce the stress associated with caring for traumatized children.

Duluth:

Government Services Building, 6th & 7th floor Large Conference Rooms
Monday's, October 13, 20, 27 from 6 – 8 pm

North St. Louis County:

Please let Jessie or your licensor know if you would be willing to do a day-long class on this topic. We will arrange for it dependent on interest.



The Mosaic: When Reactive Attachment Disorder (RAD) Meets Fetal Alcohol Syndrome (FASD)

Two of the most common diagnoses in foster care are Attachment Disorders and FASD. Learn more about these conditions and how they overlap. Both are disorders of circumstance that play out in behavior. How will this affect your family and what can be done? What does the long term picture look like? Join trainer Matt Johnson, Adjunct Instructor for the College of St. Scholastica & Supervisor for the Children's Mental Health team, in this interactive workshop which is specifically geared to share information and to begin finding the answers to your questions.

Duluth:

Monday, November 3rd, from 6 - 8 pm
Government Services Building, 7th floor Large Conference Room



Special Topics

Chosen: What do you need to know about sex trafficking to protect our community's children?

Panel Members: Duluth Trafficking Task Force & SLCPH&HS Staff

As sex traffickers narrow their target to lure younger and younger victims, America's youth find themselves engaged in a battle they were never prepared for. Hear the shocking true stories of two "All-American" teenage girls tricked into trafficking. Eighteen-year-old Brianna was an honor-roll student, cheerleader and worked at a local café. Thirteen-year-old Lacy was an active member of her youth group, and a volunteer in her community. Both were manipulated. Both were exploited. Both were chosen.

This comprehensive video resource and our panel reveal the warning signs and sometimes fatal consequences of sex trafficking to equip teens to protect themselves and others from being trapped in the horrific and violent sex industry. As a foster parent, it is important you educate yourself that you might recognize signs and empower your own and foster children.

Duluth:

Government Services Building, 7th Floor Large Conference Room
Tuesday October 7th, from 6 - 8 pm

Virginia:

Northland Office Building, 3rd Floor Liz Prebich Room
Thursday, October 23, from 6 - 8 pm



Working Well with the Parents of Children in Foster Care

Facilitator: Kathy Bergum, Child Protection Supervisor

Panel: St. Louis County Foster Parents

Many foster families feel one of the most difficult components of foster care is developing a working relationship with the child or youth's family. Yet, the family presenting empathy and being supportive of reunification pays tremendous dividends for the child in your care. This panel discussion will begin to address "best practices" of supporting children in foster care through supporting the child parent bond during the reunification process. Our panel members are foster families that have lots of experience in working with the parents in and outside of their own homes.

Duluth:

Government Services Building, 7th floor Large Conference Room
Tuesday November 18th, from 6 - 8 pm



2014 Health & Human Service Conference

Duluth Entertainment and Convention Center

Thursday & Friday, October 9 & 10

Our 2014 conference features an internationally renowned Keynote, Poet, Author, Lecturer, David Whyte. His life as a poet has created a readership and listenership in three normally mutually exclusive areas: the literate world of readings that most poets inhabit, the psychological and theological worlds of philosophical enquiry and the world of vocation, work and organizational leadership.

We'd love to see you there! Our conference has over 100 workshops, 15 institutes, 78 co-sponsors. There is something for everyone! Cost: \$50.00 for both days and \$40.00 for students and seniors. Foster Care will pay \$20 of each foster parent's fee provided you attend both days. This is a great way to get some different training from a wide variety of speakers. Please follow instructions below for registration

All our conference materials and online registration can be found at:

www.stlouiscountymn.gov/hhsconference

Send in your online individual registration as required in the above link,

Click on other and in the agency affiliation box indicate you are a St. Louis County child foster parent;

Click on the correct registration fee;

Send in the fee minus the \$20 grant to the address listed.

Make your check payable and mail to:

SLC Human Service Conference

125 Charles Avenue

St Paul, MN 55103



They will bill us for the remainder.

If you can't register on-line or don't have access please call Jessie Schunk at 218-471-7793 and she will register you.



Online & other approved training sources include but are not limited to the following choices. Please contact Jessie Schunk for additional training resources. schunkj@stlouiscountymn.gov or 218-471-7793 or 1-800-450-9777 x7793

CHILDREN'S HOME SOCIETY & FAMILY SERVICES

Join Children's Home Society & Family Services for classes, workshops, online webinars and support groups designed to help families stay strong and care for their children. <http://www.chsfs.org/classes-events/classes>

FOSTER PARENTS COLLEGE

Certified online training courses for adoptive, kinship & foster parents. This resource has two types of classes: Self-directed and Instructor-led. The self-directed classes are good, very short introductory classes that give a good general overview of particular behaviors and problems that foster children often exhibit. These would be good classes for newer foster parents and those who are looking for some quick education on a particular subject. We'd recommend these to be used in limited amounts for those purposes. The Instructor-led classes appear to be very good, more in-depth classes suitable for more experienced foster parents and for in-depth learning on particular subjects. Please let us know how these classes work out for your purposes so we can assess their effectiveness for impacting the learning for foster parents. The web address is www.FosterParentCollege.com. Please remember to keep your certificates from these classes.

MNASAP Classes

Please visit the website at www.mnasap.org and click on the training calendars in the left column. Also sign up for the newsletter they offer!

St. Louis County Foster Care Resource Library

Please feel free to contact Jessie Schunk for resources, including books, DVD's, VHS's, and articles related to many issues of foster care. You may request topical information, or the complete list. We will mail the resources to you, you review and return the materials within two weeks along with a personal learning assessment tool to receive credit for the education you received from the materials.

schunkj@stlouiscountymn.gov